



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U19** COMPETITIVE



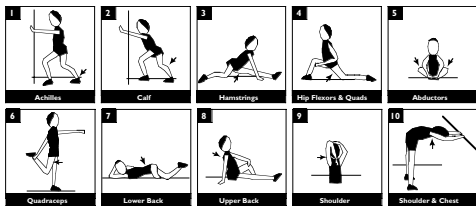
### SESSION 1

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# STANDARD STRETCHING INTRODUCTION

## Warm Up



### Purpose

To warm up players' muscles and increase blood flow.

### Organization

Have the players pair up and form 2 lines.

### Game Objective

Players jog around the area following the coach's commands, then stretch.

### Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

### Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



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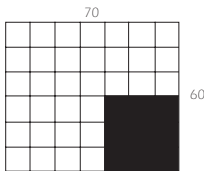
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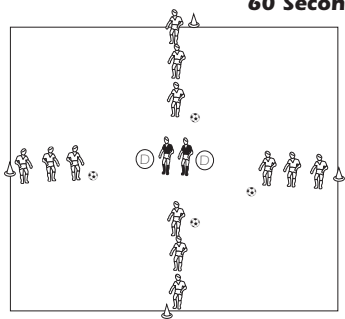
## **SESSION 1 - Week 4**

2 hour practices, 2 recommended practices per week

## 60 Seconds



Assumption: 14 players in group



### Purpose

The improve speed and endurance in advanced players.

### Organization

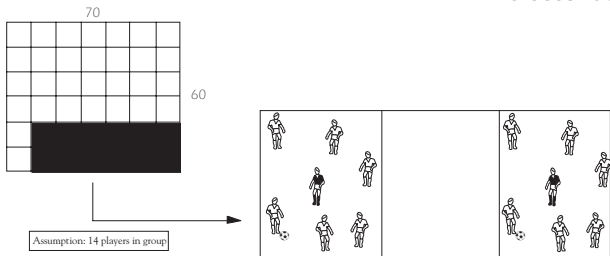
Set out a 30x30 area. Mark out stations in the center of each sideline with three players at each, plus two players in the center.

### Game Objective

The first player from each station runs with the ball as quickly as possible to the opposite station . As they approach this station they play a short pass to the player there and run around the back of them to receive the return pass, before repeating this sequence in the opposite direction for a total of 60 seconds. The players in the middle are passive defenders looking to force the runners to move around them at speed. Repeat for 3-5 sets as required.

### Key Coaching Points

1. To develop speed and endurance, the effort has to be as close to maximum as possible for the duration of the exercise.
2. Work hard to avoid the passive defenders in the center.
3. Concentrate on good technique and keeping the ball out of the feet while running with the ball.



### Purpose

The improve speed and endurance in advanced players.

### Organization

Set out a 60x20 area, split into three 20x20 boxes. Station six light players and one dark player in the top and bottom areas.

### Game Objective

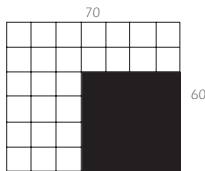
Each group of six players has a ball between them. The object of the game is for the lone defender in each box to win possession of the ball and kick it out of that area. If one player can do so successfully, they can move to the other area to assist the lone player and create a 6v2 situation. The players score a point for each ball kicked out of the area. The coach has a supply of soccer balls and feeds additional balls as required so all defenders work for the full time period of 90 seconds.

### Progressions

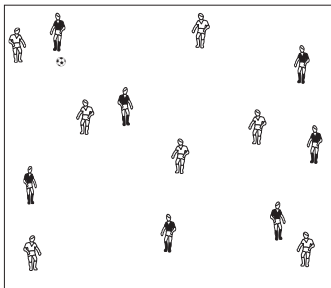
1. If the lone defender wins possession, they can pass it to the opposite box so the other lone defender has two balls to try and win.

### Key Coaching Points

1. Work at maximum effort to regain possession of the ball.
2. Look to press the ball and cut down passing angles.
3. Keep moving during the recovery period.

**Numbers Down**

Assumption: 14 players in group

**Purpose**

To develop speed and endurance in advanced players.

**Organization**

Set out a 40x40 area. Station two teams of seven players inside the area.

**Game Objective**

The dark team start with the ball and try to keep possession for as long as possible. Any time a player gives away the ball, they must sit down at the point where they lost it until their team regains possession, creating a numbers down situation. Play continuously for 15-20 minutes.

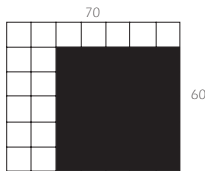
**Progressions**

1. Both the player who gave the ball away and their nearest teammate must sit down until possession is regained.
2. Expand the playing area to 50x50.

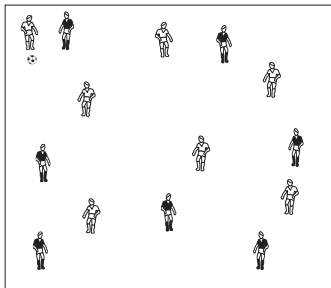
**Key Coaching Points**

1. Work hard defensively to apply pressure on the ball.
2. In order to make this exercise aerobically effective, play must be continuous for at least 15 minutes.

## Tag Team



Assumption: 14 players in group



### Purpose

To improve speed and endurance in advanced players.

### Organization

Set out a 50x50 area. Station two teams of seven at random inside the area.

### Game Objective

The light team starts in possession. The object of the game is for the dark team to tag the light team player in possession of the ball as many times as possible in 3 minutes, without ever trying to regain possession. Carry out the same exercise for the light team with a three-minute active recovery, repeating for 3-5 sets as required.

### Progressions

1. If the team in possession makes ten passes without being tagged, the score is reset to zero.

### Key Coaching Points

1. Work as hard as possible to press the ball if you are the closest defender, or to cover a player elsewhere in the area.
2. Stay alert at all times and watch the movement of your opponent closely.
3. Work on good defensive techniques such as tracking runners and shadowing players.